

\$30 OFF X

A Fresh Take on Frozen Food

by [Stefanie McLeod](#) | Last updated Aug 21, 2025



The image shows a hand holding a white Omaha Steaks box with a black label that says "TASTE. CONVENIENCE. TRUST. 100% GUARANTEED. FRESH, CHILLED AND REPACKAGED." The box is being held in front of a freezer filled with various Omaha Steaks products.

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Recipes

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Chef-Inspired Recipes

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Cooking Tips

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Cooking Methods

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Since pioneering the frozen food and [meat delivery](#) service over 70 years ago, demand for our premium proteins, freezer-to-oven meals, savory sides, and decadent desserts has only grown. And while our gourmet foods must be frozen to ensure they're safe to eat when they arrive on your doorstep, that's not the only reason. The Omaha Steaks foods you can purchase directly from our convenient retail locations are also frozen, after all. Our foods are frozen (flash-frozen, to be more specific) because we know that in many ways, frozen is better than fresh.

How Can Frozen Be Better Than Fresh?



-  **Easy and Convenient**
-  **Pauses Aging at the Peak of Perfection**
-  **Preserves Flavor and Nutrients**
-  **Helps Reduce Food Waste**



It's Easy and Convenient

Never face another dinnertime dilemma when you search the kitchen only to find you have nothing to prepare or something you purchased has unexpectedly



gone bad. And if you're someone who prefers to plan each week, you never have to stress about changed plans or appetites because your whole menu will be waiting and ready whenever you are. When you stock your freezer with Omaha Steaks, you're also stocking it with the peace of mind that no matter what, you've got dinner covered.



It Presses “Pause” On Perfection

All Omaha Steaks premium proteins are flash-frozen the moment they are carved or caught. This halts the aging process and suspends them in time at their most perfect, delivering peak tenderness and taste when you're ready to sit down and enjoy them



It Preserves Nutrients and Minerals

Even if you're first in line at your local butcher, grocery store, or wharf, the moment your protein is carved/caught, it's already lost precious nutrients and minerals by the time you get it home. While fresh proteins continue to lose these vital components as time goes on, Omaha Steaks immediate flash-freezing system keeps them exactly where they belong: in our delicious proteins until they reach your plate.



Nearly 6 in 10
Americans want
to reduce the
amount of fresh
meat they waste.*

It Helps Reduce Food Waste

Did you know that America wastes 119 billion pounds of food per year, equating to 130 billion meals and \$408 B, and that nearly 40% of all U.S. food ends up in landfills?¹ Much of that food waste can be attributed to fresh, expired food and is especially devastating when so many are facing food insecurity. By instead opting for Omaha Steaks flash-frozen proteins and other gourmet sides and desserts, you're not only doing your part to decrease food waste, you're avoiding throwing your hard-earned money in the trash – literally.

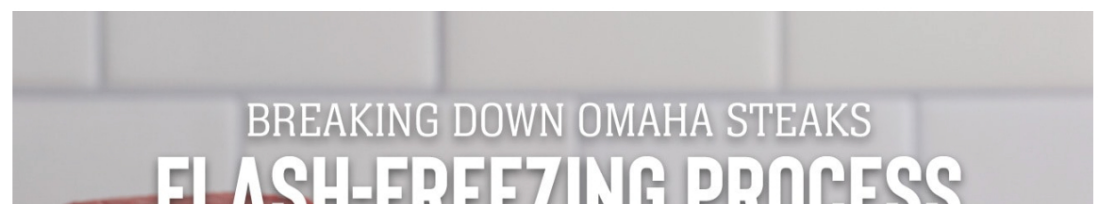
What Does “Flash-Frozen” Mean?

When you think of freezing proteins, you likely imagine purchasing a **steak** from your local grocery store and putting it in your freezer when you get home, where it will slowly decrease in temperature over time until it fully freezes. Flash-freezing proteins is a completely different approach that delivers a more nutritious – and delicious – experience.

All Omaha Steaks proteins are vacuum-sealed and then flash-frozen by exposing them to extremely low temperatures – temperatures a standard household freezer cannot achieve – to exponentially speed up the freezing process. This avoids the formation of water-expanding ice crystals, preventing the moisture loss you'll experience in standard freezing.

It also retains the flavor and texture of the protein by essentially “pressing pause,” so your **steaks**, chicken, pork, and seafood will taste exactly the same as they did the moment they were carved (or caught, when it comes to our ocean-fresh seafood). In standard freezing, that time spent slowly growing colder reduces the quality of your protein with every passing minute. When it's time to defrost and enjoy, you'll notice your home-frozen protein leaves behind water and is drier and tougher than when you purchased it, whereas your Omaha Steaks flash-frozen protein remains juicy, moist, and tender – and 100% guaranteed delicious.

Learn more about the benefits of Omaha Steaks flash-freezing process.





Why Our Customers Love Flash-Frozen Foods

Now that you know why Omaha Steaks gourmet proteins are flash-frozen, let's see what our customers have to say about their experiences!

“

Great food at great prices and we always have a great meal in the freezer ready to go!

I have a freezer I keep it stocked for unexpected visitors. I always know the food will taste great and is easy to prepare.

Appreciate that all products are individually wrapped, making it easy to keep frozen and cook when I'm ready. Since I'm a single person, that's convenient.

”

Numbers Don't Lie!



78% of Americans agree, "A well-stocked freezer of meat would help me feel more prepared when deciding what's for dinner."



48% of Americans throw out raw/fresh meat each month.



59% of Americans want to reduce the amount of fresh meat they waste due to spoilage.



58% of Americans are interested in buying more high-quality frozen meat to reduce meat waste.

Join the millions of Omaha Steaks customers who enjoy convenient, nutrient-packed gourmet foods at their most delicious – all while reducing food (and money) waste – and [place your steak order today!](#)

*Survey conducted by The Harris Poll on behalf of Omaha Steaks, March 2-8, 2022, among 2,006 adults ages 18 and older.

¹<https://www.feedingamerica.org/our-work/reduce-food-waste#:~:text=How%20much%20food%20waste%20is,food%20in%20America%20is%20wasted>



Our Commitment to You

If you aren't satisfied with your purchase from Omaha Steaks, for any reason, we will replace your order or refund your money, whichever you prefer. We've upheld this family promise for five generations and counting.

Todd Simon
Fifth-Generation Family Owner



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